

Resources

Apps to help with sexual/relationship communication:

- Kindu
- Lasting

Apps and web sites to practice mindfulness:

- MindShift app
- Anxiety Canada (guided meditation recordings):
 - Calm Breathing: <https://www.anxietycanada.com/articles/calm-breathing-audio/>
 - Tense and Release: <https://www.anxietycanada.com/articles/tense-and-release/>
 - Body Scan: <https://www.anxietycanada.com/articles/mindful-body-scan/>
- Smiling Mind app: Lots of different mindfulness exercises for all types of people, and completely free
- My Life (Stop, Breathe, Think): Many of the mindfulness exercises in this app can also be found on their YouTube channel (<https://www.youtube.com/c/MyLifeSBT/featured>). The exercises aimed at children are wonderful for all ages, and can add a sense of play and fun to mindfulness practice
- Headspace
- Insight Timer

Articles of Interest

Asencio, M., Blank, T., Descartes, L., & Crawford, A. (2009). The prospect of prostate cancer: A challenge for gay men's sexualities as they age. *Sexuality Research and Social Policy*, 6(4), 38–51.

Boehmer, U., & Babayan, R. K. (2004). Facing erectile dysfunction due to prostate cancer treatment: Perspectives of men and their partners. *Cancer Investigation*, 22(6), 840-848.

Bokhour, B. G., Clark, J. A., Inui, T. S., Silliman, R. A., & Talcott, J. A. (2001). Sexuality after Couper, J. W., Bloch, S., Love, A., Duchesne, G., Macvean, M., & Kissane, D. W. (2006). The psychosocial impact of prostate cancer on patients and their partners. *Medical Journal of Australia*, 185(8), 428–432.

Dowsett, G. W., Lyons, A., Duncan, D., & Wassersug, R. J. (2014). Flexibility in men's sexual practices in response to iatrogenic erectile dysfunction after prostate cancer treatment. *Sexual Medicine*, 2(3), 115–120.

- Fergus, K. D., Gray, R. E., & Fitch, M. I. (2002). Sexual dysfunction and the preservation of manhood: Experiences of men with prostate cancer. *Journal of Health Psychology, 7*(3), 303–316.
- Filiault, S. M., Drummond, M. J. N., & Smith, J. A. (2008). Gay men and prostate cancer: Voicing the concerns of a hidden population. *Journal of Men's Health, 5*(4), 327–332.
- Forbat, L., White, I., Marshall-Lucette, S., & Kelly, D. (2012). Discussing the sexual consequences of treatment in radiotherapy and urology consultations with couples affected by prostate cancer. *BJU International, 109*(1), 98–103.
- Goldstone, S. E. (2005). The ups and downs of gay sex after prostate cancer treatment. *Journal of Gay & Lesbian Psychotherapy, 9*, 43–55.
- Harris, J. (2005). Living with prostate cancer: One gay man's experience. *Journal of Gay & Lesbian Psychotherapy, 9*(1-2), 109–117.
- Hart, T. L., Coon, D. W., Kowalkowski, M. A, Zhang, K., Hersom, J. I., Goltz, H. H., ... Latini, D. M. (2014). Changes in sexual roles and quality of life for gay men after prostate cancer: Challenges for sexual health providers. *The Journal of Sexual Medicine, 11*, 2308–2317.
- Helgason, A. R., Adolfsson, J., Dickman, P., Fredrikson, M., Arver, S., & Steineck, G. (1996). Waning sexual function: The most important disease-specific distress for patients with prostate cancer. *British Journal of Cancer, 73*(11), 1417–1421.
- Jackson, L. (2005). Surviving yet another challenge. *Journal of Gay and Lesbian Psychotherapy, 9*(1–2), 101–107.
- Lee, T. K., Breau, R. H., & Eapen, L. (2013). Pilot study on quality of life and sexual function in men-who-have-sex-with-men treated for prostate cancer. *The Journal of Sexual Medicine, 10*(8), 2094–2100.
- McInnis, M. K., & Pukall, C. F. (2020). Sex after prostate cancer in gay and bisexual men: A review of the literature. *Sexual Medicine Reviews, 8*(3), 466-472.
- Mehnert, A., Lehmann, C., Graefen, M., Huland, H., & Koch, U. (2010). Depression, anxiety, post-traumatic stress disorder and health-related quality of life and its association with social support in ambulatory prostate cancer patients. *European Journal of Cancer Care, 19*(6), 736–745.
- Punnen, S., Cowan, J. E., Dunn, L. B., Shumay, D. M., Carroll, P. R., & Cooperberg, M. R. (2013). A longitudinal study of anxiety, depression and distress as predictors of sexual and urinary quality of life in men with prostate cancer. *BJU International, 112*(2), 67–75.

- Reese, J. B., Keefe, F. J., Somers, T. J., & Abernethy, A. P. (2010). Coping with sexual concerns after cancer: the use of flexible coping. *Supportive Care in Cancer, 18*(7), 785-800.
- Rose, D., Ussher, J. M., & Perz, J. (2017). Let's talk about gay sex: Gay and bisexual men's sexual communication with healthcare professionals after prostate cancer. *European Journal of Cancer Care, 26*, e12469.
- Sharpley, C. F., & Christie, D. R. H. (2007). An analysis of the psychometric profile and frequency of anxiety and depression in Australian men with prostate cancer. *Psycho-Oncology, 16*(7), 660-667.
- Siegel, S. D., Molton, I., Penedo, F. J., Llabre, M. M., Kinsinger, D. P., Traeger, L., ... Antoni, M. H. (2007). Interpersonal sensitivity, partner support, patient-physician communication, and sexual functioning in men recovering from prostate carcinoma. *Journal of Personality Assessment, 89*(3), 303-309.
- Speer, S. A., Tucker, S. R., McPhillips, R., & Peters, S. (2017). The clinical communication and information challenges associated with the psychosexual aspects of prostate cancer treatment. *Social Science & Medicine, 185*, 17-26.
- Thomas, C., Wootten, A., & Robinson, P. (2013). The experiences of gay and bisexual men diagnosed with prostate cancer: Results from an online focus group. *European Journal of Cancer Care, 22*(4), 522-529.
- Ussher, J. M., Perz, J., Kellett, A., Chambers, S., Latini, D., Davis, I. D., ... Williams, S. (2016). Health-related quality of life, psychological distress, and sexual changes following prostate cancer: A comparison of gay and bisexual men with heterosexual men. *The Journal of Sexual Medicine, 13*(3), 425-434.
- Wassersug, R. J., Westle, A., & Dowsett, G. W. (2017). Men's sexual and relational adaptations to erectile dysfunction after prostate cancer treatment. *International Journal of Sexual Health, 29*(1), 69-79.